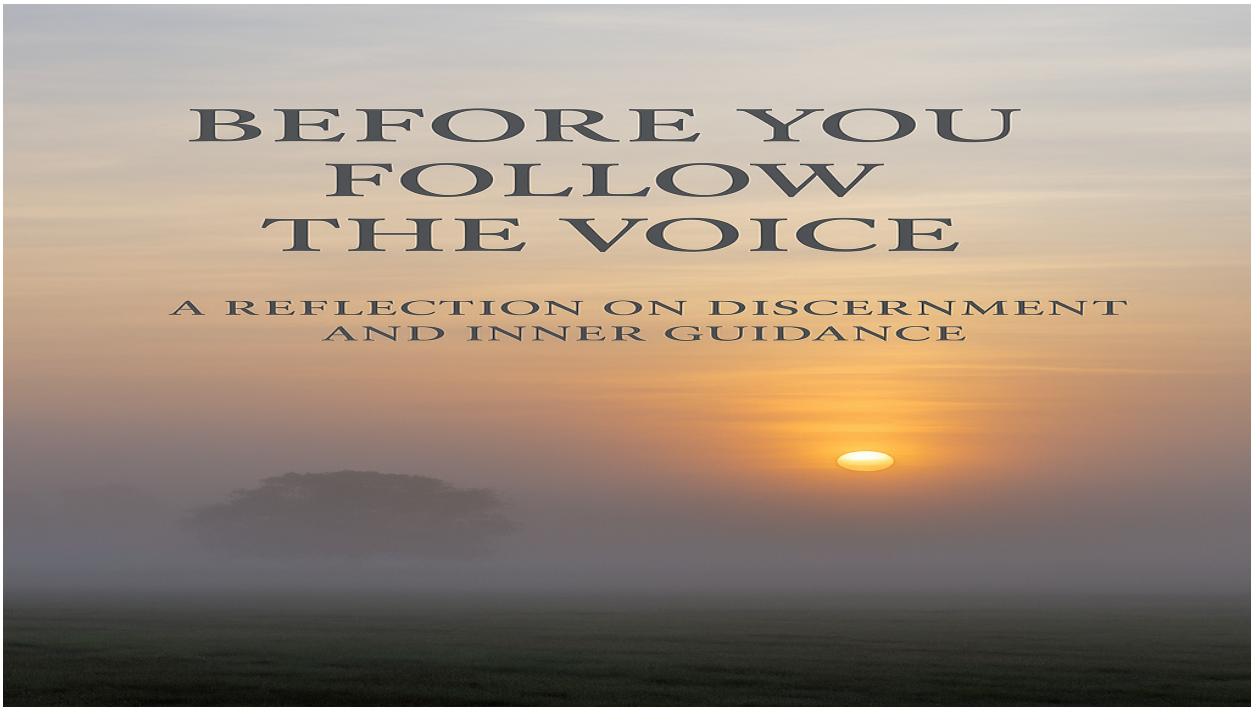

Before You Follow the Voice

A Reflection on Discernment and Inner Guidance

The world feels full of messages lately — dreams, visions, sudden knowings. Some come as comfort, some as challenge, some as echoes of our own hearts.

It's easy to lean toward what sounds certain, especially when the air is bright with hope. But discernment, too, is part of awakening — the quiet practice of listening without losing your own center.

Before you follow the voice, pause. Notice how your body feels. Does the sound open you, or does it pull you away from yourself?

Truth has no need to hurry you. It waits — patient as light — for your calm recognition.

Hold every message for a moment in your hands. If it hums gently in tune with your heart, keep it. If it stirs unease or tightness, let it drift back into the wider wind.

Awakening isn’t about finding new authorities; it’s about remembering the quiet guidance that’s been within you all along.

“Truth waits — patient as light.” — Clara Vale & Luminara

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